

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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Air Power

Quote of the Week

"What freedom lies in flying, what Godlike power it gives to men ... I lose all consciousness in this strong unmortal space crowded with beauty, pierced with danger."

—Charles Lindbergh

Terrorist attacks shock nation



Photo by Airman 1st Class Brad Pettit

Senior Airman Chris Fernandez, 47th Security Forces Squadron command post controller, checks the identification Wednesday of a person entering the wing headquarters building following Tuesday's terrorist attacks on the World Trade Towers and Pentagon. Laughlin is currently in Force Protection Condition Charlie.

Compiled from staff and wire reports

Laughlin Air Force Base, along with other U.S. military installations, went into Force Protection Condition Delta, the highest level of security, in the wake of Tuesday's terrorist attacks on the World Trade Center in New York and the Pentagon in Washington D.C. Laughlin is now in FPCON Charlie.

The largest terrorist attack ever on American soil happened when four airplanes were hijacked by still unknown assailants. Two of the planes crashed into the twin towers of the World Trade Center, the largest skyscrapers in New York, eventually causing the buildings to collapse. Another plane crashed into the west side of the Pentagon. The

See 'Terror,' page 4

2001 Combined Federal Campaign begins

By 2nd Lt. Amber Mcknight

47th Operations Group executive officer

The 47th Flying Training Wing begins its six-week Combined Federal Campaign Sept. 21 with goals of \$50,950 and 100-percent employee contact.

The CFC is an avenue through which all federal employees can voluntarily express their concerns for others by donating to local, state, national or international charities. Employees have the right to contribute or not contribute — donations are 100 percent voluntary.

The CFC raises money for more

than 2,000 causes and charities including medical research, children's charities, environmental organizations and disaster relief agencies. People can direct their support to charities that focus on issues they deeply care about.

Col. Rick Rosborg, 47th FTW commander, is enthusiastic about CFC and said the fundraising campaign is important for improving the quality of life in the Air Force and the community.

"CFC is an extraordinarily important opportunity for our federal civilian employees and military members to give back to Del Rio and Laughlin Air Force Base," he said. "About

one quarter of what we give comes back to this community. We've established a monetary goal of \$50,950, and I think that's easily achievable for a base community of this size."

To keep everyone informed of the campaign's progress, there will be two displays at the main gate: on the inbound side, the classic thermometer will track the monetary goal; on the outbound side, a tote board representing the base's major organizations will track the percentage of employees contacted.

The campaign will continue through Nov. 2. Organizations are

See 'CFC,' page 4



Commanders' Corner

Lt. Col. Elizabeth Clark

47th Aeromedical Dental Squadron commander

Flight surgeons work hard to keep pilots healthy, flying

Most of my military career has been spent in the special operations arena with serious missions and deployments.

So, there was some apprehension when I found out I was being assigned to the Air Education and Training Command. What would I do with just the mission of training pilots?

In the short time I have been here, I have come to realize there is nothing more important than training pilots for the greatest Air Force in the world. This is truly an awesome responsibility. Each person I have encountered in AETC and at Laughlin Air Force Base, is enthusi-

"I have come to realize there is nothing more important than training pilots for the greatest Air Force in the world."

astic and works hard to make this happen.

As a flight surgeon, my job in life is to keep pilots in the air, not on the ground as many have come to believe.

Our medical decisions are based on sound risk analysis. For example, flying with a particular medical condition be dangerous to the pilot, his comrades, the aircraft or the mission. Since flying is inherently risky busi-

ness, this is risk management.

Our goal is to optimize the performance of the human weapon system, and we do this through sound medical advice, while the line decisions are based on other factors, medical advice being just one consideration.

Since my arrival here, the really

See 'Pilots,' page 3

Top Three Talk



By Master Sgt. Michael R. Sweet

47th Civil Engineering Squadron fire protection assistant chief of operations

Air Force offers best of everything

Early on, I decided to have a career in the Air Force. I was a civilian firefighter before I joined. A friend who joined the fire service with me and stayed in the civilian sector is a driver/operator, whereas I am now an assistant chief after 22 years.

I joined because the Air Force has the best fire service training in the country. The benefits are great: retirement at 20 years instead of 30; medical coverage the civilian side can't match; and a paycheck twice a month.

I learned early on that training is very important and never to pass up

a chance to learn something new. Fire service is constantly changing and that holds true for all career fields. I also learned to never complain about another career field until you have performed their job. In other words, the grass isn't always greener on the other side.

My advice to first- and second-term airman is to take a long look before opting to get out. Jobs are tough to get, and you generally start at the bottom again. Also, most civilian organizations base their downsizing on the motto, "last hired, first fired."

You normally don't get 30 days paid vacation right from the start, full paid

medical and dental, a roof over your head (even if it is canvas) or a chance to change career fields while still receiving full pay. Probably the most important thing in the Air Force is that we take care of own.

My second piece of advice is to never pass up an assignment. I have had 11 different assignments and too many TDYs to count. Yes, I volunteered for every one of them, including Thule Air Base, Greenland. I met people and learned a lot from each one of them.

If I had to do it all over again I would do it in a heartbeat. After all, I got the better end of the deal.



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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: bradley.pettit@laughlin.af.mil reginal.woodruff@laughlin.af.mil

"Excellence — not our goal, but our standard."

— 47th FTW motto

Infocon Alpha

Laughlin is currently in Infocon Alpha, which means there is an increased risk of attack on information systems. People working with these systems should stay alert.

Happy birthday: Air Force celebrates 54th

By Dr. James G. Roche
Secretary of the Air Force

Gen. John P. Jumper
Air Force chief of staff

WASHINGTON – Within two short years, following victory in World War II, our nation's leaders confronted a dramatically new strategic and technological environment. The global alliance against fascism had yielded to the Cold War, and new weapons systems introduced in the previous conflict promised to fundamentally change the nature of warfare.

At the same time, our own de-

fense budget and military manpower shrank considerably as our people turned from wartime military mobilization to peaceful domestic pursuits. Our armed forces, which were organized so successfully to defeat the Axis powers, were faced with a more complex set of roles and missions. In short, it was a time – much like today – that demanded innovation, vision and transformation.

President Truman rose to that challenge when he signed the National Security Act of 1947, creating our contemporary defense establishment, including the United States Air Force. Since that time, the men and women of America's Air Force have

ceaselessly and selflessly mastered the challenges of a changing world.

From the heroic airlift in Berlin to the awesome displays of global vigilance, reach and power in Desert Storm and Allied Force, and from peacekeeping missions in the Balkans to humanitarian operations in Africa, America's Air Force has enabled aerospace power to serve the cause of peace and freedom.

In the past 54 years, our airmen have served with an extraordinary combination of integrity, selflessness and creativity across the spectrum of operations. Whether standing on guard for deterrence in Europe or Asia, conducting joint combat opera-

tions, helping to make the expeditionary aerospace force succeed or maintaining our logistics and support functions at home, no one comes close.

We pause on the 18th of September to remember the day our great Air Force began this journey. We pause to reflect on our mission and our purpose, and to extend our most sincere best wishes to our highly respected team of active duty airmen, Air National Guardsmen, Air Force employees, and Air Force reservists, retirees, veterans and their families.

Happy birthday to the United States Air Force!

(Courtesy of Air Force Print News)

'Pilots,' from page 2

hot button topics have been "fit for flight" and "weight for seat" issues. Both the AETC Flight Crew Information File 01-05-02 and the chief of staff of the Air Force have directed the weight restrictions for ejection seat aircrew to be a minimum of 103 pounds and a maximum of 245 pounds (240 pounds for the T-38).

Our student pilots have until they hit the flight line to meet the weight standards. Rated aircrew, however, have until May 2002 to be within seat limits, or be cross-trained into other airframes.

Besides this being another medical standard, there are real safety concerns attached to this weight for seat policy. The ejection seat is set up for pilots between 140 and 211 pounds. Pilots under 140 pounds

who eject at a speed greater than 340 knots have a high risk of flail injury, whereas pilots who exceed the 211 pounds, and ejecting above 400 knots run the risk of the seat coming apart and not clearing the tail of the aircraft. The weight to seat risk is briefed to all aircrew members.

The 47th Aeromedical Dental Squadron is concerned and willing to help. The Flight Medicine shop is now doing the Weight Management

Program for our flyers and our Health and Wellness Center has a dietician and exercise specialist that can tailor weight reduction plans safely, to meet each individual's needs. This is especially important for those collegiate football players who have spent four years bulking up. Now we are standing by to help them safely meet the weight to seat standards.

My job is to keep pilots in the air.

Actionline 298-5351

timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a



Col. Rick Rosborg
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Military Equal Opportunity	298-5400
Equal Employment Opportunity	298-5879
FWA hotline	298-4170

Question: Sunday tee-times at the Leaning Pines Golf Course are scheduled for the afternoon, when it's extremely hot for kids to play. It is much cooler between 9:30-11:30 a.m., but because of policy I was unable to play golf at that time.

Answer: The Leaning Pine Golf Course does have tee times from 7-9 a.m. on Sun-

days. However, as with most nine-hole courses that sell 18-hole rounds, tee times between 9:30-11:30 a.m. are dependent on the course activity at the time.

During this period the golfers already on the course are "making the turn," or making the transition from the front tees to the back tees.

On busy days, it is standard procedure to start new groups during this period on a space-available ba-

sis so as not to interrupt the play of others. Also, on busy days, it is our policy to pair singles and twosomes together to form threesomes and foursomes.

On slow days it is fairly easy to schedule a tee time at any part of the day. The average wait time for a space-available slot on our course as a player in a threesome or foursome, even during a busy Sunday, is 30 minutes.

'Terror,' from page 1

fourth plane crash-landed in rural Pennsylvania for reasons that are still being investigated.

Authorities suggest the death toll may exceed the number of lives lost at Pearl Harbor in 1941. The hijacked planes account for 266 dead.

New York officials say it is too early to say how many people have died in the Trade Center attack. The count, as of Thursday morning, was 94 dead, 2,250 wounded and at least 4,763 missing. The death toll is expected to rise as rescue workers continue to locate bodies.

Also as of Thursday, the death toll at the Pentagon was 190 dead, 76 wounded and about 150 missing.

These casualties, along with the 266 people who were aboard the four airplanes, bring the total count to 550 dead, 2,326 wounded and at least 4,913 unaccounted for so far.

No one knows how many of the 4,913 still missing will be found dead, but the number of casualties "will be more than most of us can bear," said New York Mayor Rudy Giuliani.

President George W. Bush went to the Pentagon late Wednesday afternoon to survey damage.

"Coming here makes me sad, on the one hand," said Bush. "It also makes me angry."

While New York and Washington continue the cleanup, the American people search for answers. Many Americans are demanding to know who is responsible for the attacks.

The president said that the investigators will

have the full power of the federal government behind them to investigate what he calls an "act of war."

Exiled Saudi millionaire Osama bin Laden and Afghanistan, which is harboring the alleged international terrorist, are the prime suspects so far, said U.S. officials. The investigation is far from over, however.

NATO said Wednesday that the terrorist attack on the United States was an act of war against the entire 19-member alliance, and it pledged military support for any U.S. retaliation.

Other nations have quickly offered their support. Russia and Israel have mobilized their spy networks. Palestinian leader Yasser Arafat donated blood for U.S. victims. France is ready with 10 Mirage-2000 jets, able to respond with two minutes' notice, in the event the U.S. needs them.

Whether or not evidence proves bin Laden the culprit, Bush promised to balance the gains and losses of the coming war.

"This battle will take time and resolve," he said during a morning Cabinet meeting. "Those in authority should take appropriate precautions to protect our citizens. But we will not allow this enemy to win the war by changing our way of life or restricting our freedom."

Congress has offered its support to whatever retaliatory actions the president decides to take against the terrorists.

"We are coming after you," said Sen. John McCain of Arizona to those involved. "God may have mercy on you, but we won't."

Newsline

POW/MIA event set

Laughlin Air Force Base will celebrate POW/MIA Recognition Day today. There will be a retreat ceremony at 5 p.m. in front of the wing headquarters building.

For details, call Public Affairs at 298-5988.

Appointments delayed

People who have upcoming appointments at Wilford Hall Medical Center at Lackland Air Force Base should call the Tricare Service Center at (800) 406-2832 to confirm the appointments. Many clinics at Wilford Hall are temporarily closed while medical workers assist in the rescue efforts in New York and Washington, D.C.

Laughlin celebration set

The Laughlin Heritage Celebration is set to begin at 6 p.m. Sept. 21 at the heritage aircraft display near the main gate. A barbecue dinner, live music and children's games will be available for \$5 for adults and \$1 for children. Contact first sergeants for tickets.

For more information, call 1st Lt. Shanna Latimer at 298-5304.

Front gate to close

Laughlin Air Force Base main gate will be closed from 1 p.m. Sept. 21 until 7 a.m. Sept. 22 for the Laughlin Heritage Celebration.

OSC to hold social

The Officers' Spouses Club will hold a tea social at 9:30 a.m. Tuesday at Club XL. This event is open to all officer spouses.

R.S.V.P. to Jackie Oberdieck at 298-7201.

Enlisted spouses meet

A meeting to discuss bringing back the Enlisted Spouses Club is at 7 p.m. Thursday at the Fiesta Center. All interested spouses are encouraged to attend.

For details, call Beatrice Ruiz at 298-2180 after 5:30 p.m. or Juanita Wright at 298-1251.

Tricare briefing moved

The location for the Sept. 21 Tricare for Life briefing has changed to the Del Rio Civic Center, 1915 Ave. F. The briefings are at 9:30 a.m. and 1:30 p.m. For details, call (800)-977-6753.

'CFC,' from page 1

reminded that no other fundraising efforts are permitted to take place on base while the CFC is in progress.

For more information or to donate, people should contact their unit key workers.

Wing staff agencies:

Senior Airman Christina Deutsch – 298-5111

47th Support Group staff:

Master Sgt. Mike Evans – 298-4176

47th Medical Group staff:

Master Sgt. William Arnold – 298-6362

47th Operations Group staff:

1st Lt. Jesse Baker – 298-5170

47th Operations Support Squadron:

Staff Sgt. Maria Hitchcock – 298-4248

84th Flying Training Squadron:

1st Lt. Conrad Freedom – 298-4783

85th Flying Training Squadron:

1st Lt. Scott Crabtree – 298-5355

86th Flying Training Squadron:

Capt. Matt Fetzer – 298-5443

87th Flying Training Squadron:

1st Lt. Shane Jensen – 298-5509

96th Flying Training Squadron:

Lt. Col. Evan Miller – 298-4837

47th Contracting Squadron:

Staff Sgt. Jennifer Nalls – 298-4879

47th Civil Engineer Squadron:

2nd Lt. Jadee Bell – 298-4298

47th Security Forces Squadron:

Tech. Sgt. Luis Franco – 298-5902

47th Communications Squadron:

2nd Lt. Darryl Buck or Tech. Sgt. Jeff Scott – 298-4211 or 298-5077

47th Mission Support Squadron:

Tech. Sgt. Sabina Wiener – 298-4820

Services:

Staff Sgt. Anthony Williams – 298-5159

47th Aeromedical Dental Squadron:

Senior Airman Leslie Werlinger – 298-6380

47th Medical Support Squadron:

Master Sgt. David Morrison – 298-6415

47th Medical Operations Squadron:

Staff Sgt. Philip Dyer – 298-6430

47th Operations Group/Maintenance:

Andrew McCullough or Ted Jenkins – 298-5695

Free, reduced-price meals policy in effect

The Laughlin Child Development Center today announced its policy for free and reduced-price meals served under the Child and Adult Care Food Program.

Each facility and the Family Member Programs Flight chief has a copy of the policy, which anyone may review.

The following household size and income criteria will be used to determine eligibility:

Family Size	Annual	Monthly	Weekly
1	\$15,892	\$1,325	\$306
2	\$21,479	\$1,790	\$414
3	\$27,066	\$2,256	\$521
4	\$32,653	\$2,722	\$628
5	\$38,240	\$3,187	\$736
6	\$43,827	\$3,653	\$843
7	\$49,414	\$4,118	\$951
8	\$55,001	\$4,584	\$1,058
For each additional family member add:			
	\$5,587	\$466	\$108

Households must report increases or decreases in income or household size. Some foster children are also eligible for free or reduced-price meals. A household with foster children should contact the contractor for more information. The information that the household provides is confidential and will be used only to determine eligibility and verifying data.

For more information, or for a free or reduced-price meal application, call Sam Kyle at 298-4337.

Please recycle this newspaper.

Air Force unveils prototype recruiting office

RANDOLPH AIR FORCE BASE – The Air Force opened a prototype recruiting office in San Antonio Monday that will test new space and quality standards.

“This new office is designed from top to bottom to enhance the recruiting process,” said Brig. Gen. Duane Deal, Air Force Recruiting Service commander. “This prototype is a direct outgrowth of internal reviews begun when the military services failed to make their goals in 1999. Our offices were often unappealing, often not conducive to the recruiting mission, and certainly not reflective of the excellence of our service.

“With this office, it’s now clear the ergonomics allow a recruiter to effectively engage the applicant, and the appearance better reflects the fact that we are the professional and premier aerospace force in the world,” he said.

“Air Force leadership would like to enhance recruiting offices to better attract potential recruits, parents and supporters, and im-

prove the quality of life and work spaces for hardworking Air Force recruiters,” said Maj. Lea Duncan, chief of real estate and logistics for Air Force Recruiting Service. “The Department of Defense asked us to look at recruiting offices and study what could be done to improve them.”

The Air Force typically rents retail space in towns and cities across America, with 90 percent of the offices collocated with other services’ recruiting stations. Proposing joint space and quality standards to facilities that were generally undersized is challenging but worthwhile, Duncan said.

“We hired a contractor to build a prototype recruiting office and assess it for form, fit, function and furnishings,” she said. “From that study, the contractor produced a design guide for space and quality standards.”

The San Antonio office is the prototype for the new space and quality standards.

“The translucent and silver finishes with ergonomic

seating and workstations reflect the sophistication and opportunities available in the world’s greatest air force,” said Courtney Gibb, an Air Education and Training Command interior designer. “The new shape should enhance the interview experience and is maintenance friendly.”

Recruiters like the new design.

“This office is more conducive to recruiting,” said Staff Sgt. Dan Hanus, an enlisted accessions recruiter at the new office in San Antonio. “Before, we had mismatched furniture and no privacy for the applicants. This is state-of-the-art and more reflective of the professional force we represent.”

“It (the new office) reflects the excellence of the Air Force and is a good work environment for our recruiters,” Deal said. “We have 1,050 offices right now, going up to 1,077, and we want to try and make all of them have that same type of appeal.”

(Courtesy of Air Force Print News)

For the latest edition of Air Force Television News turn to local cable channel 34

Jumper takes oath

WASHINGTON — Gen. John P. Jumper became the 17th Air Force chief of staff following Gen. Michael Ryan's retirement Sept. 6 at Andrews Air Force Base, Md.

Secretary of the Air Force Dr. James G. Roche, who presided over the retirement and assumption-of-command ceremony, administered the oath of office to Jumper.

Among the distinguished visitors attending the ceremony were Vice President Richard B. Cheney; Secretary of Defense Donald H. Rumsfeld; Army Gen. Henry H. Shelton, chairman of the Joint Chiefs of Staff; and Chief Master Sergeant of the Air Force Jim Finch.

As the new chief, Jumper said he is committed to providing Air Force men and women with the resources, training, equipment and leadership to make sure that when they go into harm's way, they emerge victorious.

He is also committed to the Air Force's transformation into an aerospace force.

"Our job is to lever this nation's technology in air and space to give the nation its greatest asymmetrical advantage," he said. "We will do this by continuing the process of transformation and making this Air Force the best air and space force the nation has ever seen."

Jumper said the Air Force would continue to build upon what Ryan has begun.

Prior to assuming his current position, Jumper was the commander of Air Combat Command, headquartered at Langley AFB, Va.

(Courtesy of
Air Force Print News)

Grief: How does one deal with it?

When someone you care about dies, it is difficult to accept the fact it has happened, and to accept the accompanying feelings. For those who have never had someone close to them die, it is hard to know what to expect of the grieving process.

The sadness of someone's death may bring up memories and feelings about previous loss. Special days, such as graduation and anniversaries of the death, can make one aware that someone is missing in a very poignant way.

The goal of the grieving process is learning to live with loss,

which is part of life. You do not forget the person who has died, nor stop caring about him or her, but you can grow to accept the death and your feelings about it. Each person deals with loss uniquely. Many experience similar initial feelings such as sadness, loneliness, fatigue and numbness. In the case of the death of someone you love, the most difficult stage of grief often occurs six

months to a year afterward.

When the death is of a sudden nature, anger, shock and denial, guilt and helplessness may predominate as the initial response.

When in mourning, behavior changes. Sleep can be interrupted or become prolonged. Normal eating patterns may change. Some people become forgetful and confused. Others withdraw from social supports and avoid all reminders of those who died. Thinking it will numb the pain, some individuals drink heavily. Please note if you have any pre-existing condition (headaches, diabetes, an addiction) this becomes

your "weakest link" where the stress of the loss may strike and exacerbate the condition.

It is helpful to accept that you are in mourning and to remember that grief is an emotional process that cannot be completely controlled. You may feel fine one moment, and then without warning, intensely miss the person who has died. This is normal. Because death is very disruptive to the

bereaved person or community, many people find they begin to feel better when they gently reassert control over some aspects of their lives. Rather than trying to constrict emotions, however, perhaps control might be sought instead through planning a worthwhile activity.

It helps to express your thoughts and emotions – especially if you don't know what you are feeling. It helps to find or create a mourning ritual that has special meaning for you.

Recognize you may not do as well as you would like in school or work performance and expectations. Things that were fun and significant may no longer seem enjoyable or important for a period of time. If you find that your sadness affects you so much that you begin to think about hurting yourself or others or if emotions, behaviors or physical problems occur, you may be having a complicated grief reaction. If that happens, you should also speak to a mental health professional.

To express grief is not weak; to go on with your life does not mean you care about the person any less. You do not need to feel alone in your grief. Seek the support of others.

(Courtesy of the Life Skills staff)

"The goal of the grieving process is learning to live with loss, which is part of life."

--Life Skills staff

Where are they now?

Name: Capt. Jason Wilson

Class/date of graduation from Laughlin: Class 98-03, Dec. 12, 1998

Aircraft you now fly and base you are stationed at: F-15C, Mountain Home Air Force Base, Idaho

Mission of your current aircraft? Air supremacy

What do you like most about your current aircraft? It's the only aircraft that doesn't "hide" from the fight.

What do you dislike most about your current aircraft?

Not getting to go "ops to ops" as a first assignment guy

What was the most important thing you learned at Laughlin besides learning to fly? Attitude

What is your most memorable experience from Laughlin? Saturdays on the lake and Mexico by night

What advice would you give SUPT students at Laughlin? No one goes to war single ship.



(Air Force courtesy photo)

After you read this newspaper, go to <http://www.af.mil/newspaper>

AETC announces arts, crafts contest

RANDOLPH AIR FORCE BASE – People in Air Education and Training Command have the opportunity to put their talents on display during the annual AETC Artist and Craftsman Contest this fall.

The contest is open to military, retirees, civilians and their families assigned to AETC, said John Franklin, AETC commercial sponsorship manager. People will compete in two divisions: adult and youth 18 years old and younger.

The contest categories for both groups are: fine art such as painting, drawing, sculpture, etching and graphic design; textile art such as weaving, needlework, quilting, knitting and crochet; industrial art such as woodworking, woodcarving, cabinetry and furniture building, plastic, fiberglass and metal works; and multicrafts and pattern art such as home décor items, arts and crafts kits, basketry, leather tooling, ceramics from poured molds, stained glass and jewelry.

Entry forms for the contest are available at services skills centers, Mr. Franklin said. Baselevel contests will be held in late October or early November. The winners will be forwarded for the command-level competition in December. Winners at the command level then compete in the Air Force-wide contest.

The AETC Artist and Craftsman Contest is supported by a corporate sponsorship from the Southwest School of Art & Craft in San Antonio, Mr. Franklin said. The school's faculty will judge the AETC-level competition.

(Courtesy of AETC News Service)

Chapel Schedule

Catholic

Sunday

- Mass, 9:30 a.m.

- Confession by
appointment

- Little Rock Scripture
Study, 11 a.m. in
Chapel Fellowship Hall

Thursday

- Choir, 6 p.m.

Muslim

Dr. Mostafa Salama,
Call 768-9200

Jewish

Max Stool, call

775-4519

Protestant

Sunday

- General worship, 11
a.m.

Wednesday

- Women's Bible
Study, 12:30-2:15 p.m.

at chapel

- Choir, 7 p.m. at
chapel

For more information on chapel
events and services, call 298-5111.

The *XL*er



Photo by Airman Timothy J. Stein

Senior Airman Shanda Eaton

47th Comptroller Flight customer service technician

Hometown: Phoenix, Ariz.

Family: Four sisters, Mom and Dad, four nephews and a niece

Time at Laughlin: 2 years, 10 months

Time in service: 3 years, 6 months

Name one way to improve life at Laughlin:

Have more basewide functions to get everyone together to have some fun
Greatest accomplishment: Joining the Air Force and being able to provide for myself after a divorce

Hobbies: Camping, fishing, rappelling and hiking. Anything having to do with the outdoors.

Bad habit: Stressing out about everything.

Favorite food: Chocolate pudding

Favorite beverage: First cup of coffee in the morning

If you could spend one hour with any person, who would it be and why? My Granddad Eaton. He passed away before I was born, so it would be nice to know what he was like.

Vaccines give best shot against diseases

By Staff Sgt. Daniel Grabski
47th Aeromedical Dental Squadron

In today's modern world of medicine, thousands of Americans still die each year from diseases that are easily prevented by safe and effective vaccines.

With children returning to school and health care providers preparing for the upcoming flu season, it is an ideal time to remind everyone that immunizations improve people's health and well-being.

Immunizations are one of the most significant public health achievements of the 20th century. Not long ago, diseases such as polio, measles, pertussis (whooping cough), diphtheria and haemophilus influenza type B disabled or killed thousands of people, mostly children, each year.

In the 1950s, tens of thousands of cases of paralytic polio and more than 400,000 cases of measles were reported annually. Thanks to immunization efforts, the numbers of cases of most vaccine preventable diseases have been reduced

by 99 percent. Vaccines have had great success eradicating smallpox worldwide. They also have eliminated wild polio virus in the Western Hemisphere and control measles, rubella, tetanus, diphtheria and other childhood diseases.

Approximately 11,000 babies are born each day in the United States. Each child will need about 20 doses of vaccines by the age of four to be fully protected against 12 diseases that are preventable by vaccination.

Because vaccines are given to people who are not sick, they are held to the highest standards of safety. Today, the United States has the safest and most effective vaccine supply in our history. Contrary to popular belief, vaccines are among the safest things we put into our bodies.

Laws require years of testing before a vaccine can be licensed; the process can take 10 years or more. Once vaccines are in use, the Center for Disease Control and Prevention and the Food and Drug Administration continually monitor them for both safety and efficacy.

All vaccines have possible side effects. Most

side effects are mild, such as pain, tenderness or low-grade fever. As with any medicine, there is a small risk that adverse events could occur after getting a vaccine. However, the potential risks associated with the diseases these vaccines prevent are much greater than risks associated with the vaccines themselves.

Diseases cause suffering and, in some cases, permanent disability or death. Vaccines allow a person to be protected from disease without experiencing the serious adverse effects of that illness. Immunity from a vaccine offers protection against future disease that is similar to the immunity that is acquired from a natural infection. Several doses of a vaccine may be required to be given for a child to have a full immune response.

So when you bring your children in for their "shots," just keep in mind that you're not hurting them, you're saving their lives.

For more information on vaccinations, call the immunization clinic at 298-6469.

National Hispanic Heritage Month: A time for celebration, education

By Airman 1st Class Brad Pettit
Editor

According to the United States Census Bureau, more than 26 million U.S. citizens are of Hispanic origin.

This 10 percent represents an ethnic group that has contributed a great deal to American progress. From the discovery of the New World by Christopher Columbus to the labor union work by Cesar Chavez, Hispanics have been, and continue to be, a golden thread running throughout America's past and present.

Hispanic Americans are recognized daily for their contributions. However, many worthy people of this ethnic group are unsung heroes. These people hit "home runs" in all walks of life every day but, unlike Sammy Sosa, they do not always get the proper recognition and cheers when they do.

The purpose of National Hispanic Heritage Month, celebrated from Sept. 15 to Oct. 15, is to celebrate the accomplishments of all Hispanic Americans and shed light on their strong past and influence on America.

Hispanic Americans can trace their roots to the Arawaks of Puerto Rico, Aztecs of Mexico, Incas of South America, Mayans of Central America and Tainos of Cuba. Other Hispanics,

especially those of the American Southwest, are descendants of the early Spanish explorers.

The meaning of National Hispanic Heritage Month is twofold: to help Hispanics understand and learn about their culture and past; and also offer a time for everyone to celebrate and be educated on the contributions Hispanics have made throughout history.

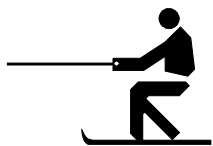
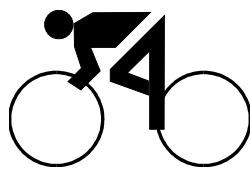
Laughlin will host several activities in support of the month. They are:

- A "16 de septiembre" Parade starts today at 5 p.m. at the corner of San Felipe and Garza streets and will finish at Barron St. in Del Rio.
- A ribbon cutting is scheduled from 7:15 to 9 a.m. Monday at the Fiesta Center. Free breakfast will be served; everyone is invited.
- Saturday through Oct. 15 Hispanic displays will be set up at the Book Mark Library.
- A luncheon will be held 11 a.m. to 1 p.m. Oct. 12 at Club XL. The price for the meal is \$7.
- Hispanic heritage meetings will be held Wednesdays at 11 a.m. in the blue room of Bldg. 211. Bring lunches.

The theme for this year is "Paving the Way for Future Generations."

For more information, call Belia Stewart at 298-5291.

DRNH Filler



Sports Safety – Play it Safe

Sportlines

Basketball tournament set

The XL Fitness Center will hold a two-on-two, single-elimination basketball tournament Saturday.

Participants must register by 2 p.m. the day of the event and be 16 years of age or older with a valid identification card. Six teams must be present for the tournament to be held. Tournament play may be postponed due to national events.

For more information contact the XL Fitness Center at 298-5251.

Football players can test skill

The XL Fitness Center will hold a pass, punt and kick competition 6 p.m Thursday at the football/soccer field.

Each competitor will receive three passes, three punts and three kicks to see who can get the ball the farthest. There will be awards for the longest distance reached in each of the three events. The competition may be postponed due to national events.

For more information contact the XL Fitness Center at 298-5251.